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Bookmark File PDF Cardio Strength Training Guide FreeleticsIt's a real all-rounder, giving you a taste of all the exercises Freeletics has to offer - strength and cardio. A mixture of easier and technically more challenging

exercises, all of which don't require equipment, will quickly induce muscular and cardiovascular fatigue.

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Strength's benefit: Okay, so the benefits here aren't quite as extensive as for cardio, but studies have shown that doing strength training just twice per week can prevent you from gaining intra-abdominal fat, which contributes to the development of many deadly diseases.

Cardio vs strength training: The ultimate fitness faceoff

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Freeletics Weights Journeys are strength-based workout plans that are focused on muscle gain and definition. The training experience is built upon compound lifts as they activate multiple muscle groups with just one movement. These are exercises such as squats, deadlifts, bench press, push press, and rows.

Training Coach | FREELETICS

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